



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03682, Babyfood, cereal, high protein, prepared with whole milk

Report Date: June 24, 2017 22:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	74.50	--	--	21.12
Energy	kcal	111	--	--	31
Energy	kJ	464	--	--	132
Protein	g	8.70	--	--	2.47
Total lipid (fat)	g	3.80	--	--	1.08
Ash	g	1.50	--	--	0.43
Carbohydrate, by difference	g	11.60	--	--	3.29

Minerals

Calcium, Ca	mg	218	--	--	62
Iron, Fe	mg	12.14	--	--	3.44
Magnesium, Mg	mg	48	--	--	14
Phosphorus, P	mg	177	--	--	50
Potassium, K	mg	349	--	--	99
Sodium, Na	mg	49	--	--	14
Zinc, Zn	mg	1.04	--	--	0.29
Copper, Cu	mg	0.217	--	--	0.062

Vitamins

Thiamin	mg	0.470	--	--	0.133
Riboflavin	mg	0.579	--	--	0.164
Niacin	mg	5.668	--	--	1.607
Pantothenic acid	mg	0.465	--	--	0.132
Vitamin B-6	mg	0.113	--	--	0.032
Folate, total	µg	35	--	--	10

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Folic acid	µg	0	--	--	0
Folate, food	µg	35	--	--	10
Folate, DFE	µg	35	--	--	10
Vitamin B-12	µg	0.30	--	--	0.09
Vitamin A, IU	IU	105	--	--	30

Lipids

Amino Acids

Tryptophan	g	0.129	--	--	0.037
Threonine	g	0.364	--	--	0.103
Isoleucine	g	0.454	--	--	0.129
Leucine	g	0.752	--	--	0.213
Lysine	g	0.607	--	--	0.172
Methionine	g	0.169	--	--	0.048
Cystine	g	0.144	--	--	0.041
Phenylalanine	g	0.443	--	--	0.126
Tyrosine	g	0.363	--	--	0.103
Valine	g	0.488	--	--	0.138
Arginine	g	0.558	--	--	0.158
Histidine	g	0.241	--	--	0.068
Alanine	g	0.364	--	--	0.103
Aspartic acid	g	0.934	--	--	0.265
Glutamic acid	g	1.791	--	--	0.508
Glycine	g	0.333	--	--	0.094
Proline	g	0.608	--	--	0.172
Serine	g	0.465	--	--	0.132

Other